

Souper Season of Comfort, Winter 2001

Side Dishes

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Sweet Potato Brûlée

Hello. Here's some more fruit and vegetable news you can really enjoy. I have a Crème Brûlée-inspired dessert made with sweet potatoes that's impressively easy. It's full of cancer-fighting beta-carotene and best of all... it's scrumptious! Take 2 cups of canned or fresh-baked sweet potatoes and blend in a food processor until smooth. Add 2 teaspoons maple syrup, ¼ teaspoon each vanilla extract and cinnamon, and 2 tablespoons of crystallized ginger (this can be found in your grocery store), then whiz these flavors for another 30 seconds. Divide into 4 custard dishes, coat each surface with sugar, and place under the broiler for about 5 minutes - or until the sugar melts and starts to bubble. You get a creamy, delicious custard with a lovely crisp glaze on top. Each dish provides 1 tempting vegetable serving. So go on, do yourself a flavor. Enjoy your 5 or more servings of fruits and vegetables every day.

Sweet Potato Brûlée

Serves 4

Provides 1 vegetable serving per person

- 4 large sweet potatoes, peeled, cut into 8 pieces each (or 2 cups canned)
- 2 tablespoons maple syrup
- ¼ teaspoon vanilla extract
- ¼ teaspoon Cinnamon
- 2 tablespoons chopped crystallized ginger
- 2 tablespoons brown sugar

1. Preheat broiler.
2. If using fresh sweet potatoes: wrap in silver foil and broil for 30 minutes, or until soft.
3. Place cooked or canned sweet potatoes in a food processor. Blend until smooth, about 1 minute.
4. Add maple syrup, vanilla, cinnamon, and ginger, and whiz for 30 seconds more.
5. Divide sweet potato mixture into 6 individual custard dishes. Coat the surface with brown sugar.
6. Place custard dishes on a baking sheet and set under broiler until sugar melts and bubbles, about 5 minutes. Watch carefully and remove before sugar begins to burn.

Nutritional Analysis

100 calories
0.1g fat
0g saturated fat
0 g cholesterol
2.5 g fiber
9 mg sodium